



PT Enhancement for 18 July 2009

(conducted by SFC Anders)

- Intro: class on PT training for younger and older soldiers.
- Formation: Explanation of PT Session, Risk Assessment
- Warm up run: 60 seconds in place
- Warm up rotations and stretches
- Warm up exercises: side startle hop, push up and the knee bender
- Conditioning Activity: Full body Workout:

Plyometrics (training involves practicing movements to train nerve cells to stimulate a specific pattern of muscle contraction so the muscle generates a contraction as strong as possible in the shortest amount of time.):

- Run stance squat (30 seconds)
- Leg Hold Jumps (30 seconds)
- Tire-Tire Leg Holds (30 seconds)
- Run Stance Switch Backs (30 seconds)
- Circle Run (1 minute)
- Jumping the Ravine (30 seconds)
- Squat Hops (30 seconds)
- Jump Lunges (30 seconds)
- Twist Combos (30 seconds)
- Jump Knee Tucks (30 seconds)
- Squat Jacks (30 seconds)
- Hot Foot (1 minute: 30 sec. each foot)
- High March (1 minute)
- Grenade Toss (30 seconds)
- Over the Tailgate (1 minute)
- Push-up Walk (30 seconds)

[Alternate for those that cannot do this type of workout (even with adjusted exercises) is to workout in the weight room or to go for a run/walk. Alternate PT soldiers are to return in time for cool down stretches and dismissal]

- Cool down stretches

-----Created as part of the 235th KSRTI PT Enhancement Program